

BRIDGES

WEDNESDAY, NOVEMBER 26, 2014

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Repper Cough left sales job to hit the recording studio **P. 14**

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A STARPHOENIX COMMUNITY NEWSPAPER

SAFE AT HOME

THOSE LESS FORTUNATE
ARE FORTUNATE TO KNOW
DEEANN MERCIER
AT THE LIGHTHOUSE **P. 4**



FREE

READ MY BOOK

By JEAN FREEMAN

Wascana Wild Goose Chase

Wascana Centre is a family affair — green and safe.

Though not everybody would agree, a whole lot of folks love and adore the Canada geese as a symbol of Wascana Centre. Especially in the sunny days of summer that even in cloudy weather and at other times of year, whole flocks of kids and grown-ups ensure that would-fall-park (just as I am) B.C. Stanley Park or New York's Central Park) around the lake in the centre of Regina, to enjoy the sunshine, the surroundings, and the sounds of the geese.

I wrote Wascana Wild Goose Chase to celebrate the recent anniversary of Wascana Centre Authority. I call it a "Yearly picture book" because it has something for all ages — a rhyme

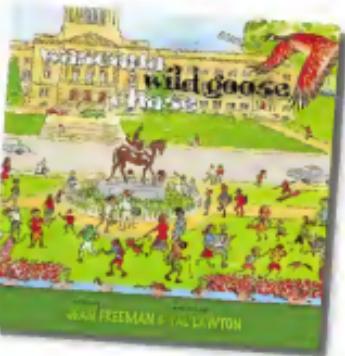
ing story for the littlest ones, about Alexander Guelich playing hide-and-seek with Lucy Goose, colorful illustrations by artist Vol Lutman showing 18 of the many places to visit in the Centre in all four seasons (including Wascana Pool, Dark Hall, the First Nations University of Canada, the Royal Saskatchewan Museum, and the Mackenzie Art Gallery), with a walking tour map guiding you to them plus a fascinating collection of "stamp fact" about Wascana. Regale your parents and grandpa! (For example, did you know that a group of geese in the ground is a "gaggle," but flying in the sky it's a "swoop"?)

Many families keep Wascana Wild Goose Chase on hand to take along on outdoor excursions all

year long, and keep track of all the cities they visit in their settings. A lot of people send me copies of the book to friends who live in other places, saying "Come visit us! See what fun you can have in our Wascana Park!"

Wascana Wild Goose Chase is available at Chapters/Indigo/Coles, Harvey's Bookworld, RCMP Heritage Centre, McMillan's Bookstore in Saskatoon, Book & Art Wholesale, Major's Bookstore (on the Regina airfield), Yvette Moore Gallery in Moose Jaw, SaskBooks, SaskMobile Marketplace, Your Nickel's Worth Paintballing, and, of course, in Wascana Centre at Appley Place, Cumberland Gallery, Atom & Geek

LOCAL AUTHORS: Writers tell us what makes their book worth reading





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Nuts About Nature At Beaver Creek Conservation Area



Hi there! My name is Chip, and I live at Beaver Creek Conservation Area. Visit my backyard with your family and friends and enjoy some time away from the city.

Dear Chip,
Do we get Swift Foxes in Saskatchewan?

Tomys



The swift fox is not much bigger than a house cat and is the smallest species of wild dog living in Saskatchewan. Unfortunately, this charming little creature has almost disappeared from the prairies. It has vanished altogether from the northern plains around Saskatchewan, possibly because of our region's harsh weather, loss of prey (grizzly dogs), predation from coyotes, and habitat loss. It's not all doom and gloom, however. In 1953 a group of concerned citizens banded together to reintroduce the swift fox to parts of its former range in Canada. So far, scientists are encouraged by the increase in population in areas where the foxes have been released. One site of reintroduction was Grasslands National Park near Swift Current. As of January 2013, there were 134 swift foxes living there in the park!

Send your questions to me at the address below, then watch Bridges for the answers.

Yours pet, Chip

Attn: Louise Arsenault
121 Lorne Street, #200
Regina, SK S4P 4A2
Telephone: 306-584-2010
Email: meewasin@meewasin.ca

Website: meewasin.ca
Facebook: [meewasin.ca](https://www.facebook.com/meewasin.ca)



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The Lighthouse is getting a big facelift and it's a chapter in part to DesAnn Mercer speaking out about homelessness and the circumstances that caused it in Saskatoon. (PHOTO BY MICHELLE BERG)

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SHARP EATS PG. 29



Agribition Day (left) is an annual activity at Westhills Community Seniors to prove to grow their own produce through a program called Green Thumbs sponsored by Agriculture in the Classroom. (PHOTO BY MICHELLE BERG)

BRIDGES COVER PHOTO BY MICHELLE BERG

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ON THE COVER

They're counting on us. We're their one glimmer of hope. — DeeAnn Mercier

HOMELESSNESS IN SASKATOON

Mercier shines at The Lighthouse

By Jenn Sharp

Inside the shiny glass doors of The Lighthouse you see a bulletin board full of notices. Art meetings, housing listings, mental health and addiction workshops.

What you hear in the loud snap of an air conditioner, major renovations are underway. A \$1-million fundraising goal was reached in just 13 months.

It's thanks in large part to DeAnn Mercier, director of communications at The Lighthouse Supported Living for taking on the cause of people who struggle with addictions and mental health issues.

"Officially, she's become a voice for homelessness in Saskatoon," says Heather Morrison, a longtime friend.

Mercier became interested in poverty and housing issues in high school at Southern Junior College where service-oriented learning was encouraged.

She wanted to go into public relations and to work in a non-profit. "But I didn't know much about The Lighthouse, so it was a big learning curve," she says.

Mercier, who has an English degree from the University of Saskatchewan, was hired as the public relations assistant at The Lighthouse in 2001 and quickly proved herself. At 28, she's in charge of external speaking engagements, writing grants, strategic planning and fundraising.

"We got to do a lot of it at a very young age," says Mercier. "It's interesting to me," she says, "because there's not enough people to go around. That's exciting. And scary, at the same time, too."

Mercier has presented awareness of homelessness in Saskatoon, with over the many fund raisers she organizes. The Lighthouse wouldn't be where it is today.

The Coldest Night of the Year saw 380 participants walking in support



DeAnn Mercier wants residents of The Lighthouse Supported Living to be proud to call their home "a house." PHOTO BY MELISSA ROTH

of the Lighthouse in February. The Amazing Race fundraiser collected \$26,000.

Homelessness is something that's hard for people to wrap their heads

around. There's still a lot of stigma around it — the clause "These people should pull themselves up by their bootstraps" ... which is just awful," says Mercier.

The Lighthouse offers a range of services: emergency dorms, food services, supported living status and affordable housing, along with respite and community outreach programs.

The supportive living bachelier units are all under renovation. The cafeteria, a bright and open space where many gather for coffee or to use the computers, was completed last year.

In all the things we do, The Lighthouse seems to touch our heart the most. We're helping (people) that generally are unable to help themselves. — Les Dube



Douglas Mercer (left) and Les Dube (right) — are of the Lighthouse clients whom she likes to take out for coffee.

PHOTO BY MICHELLE RIGO

Les and Irene Dube donated \$1 million to the Up Capital Campaign, \$1.5 million came from the provincial government and the rest from generous local donors.

“That was amazing. (The Dubes) are very connected to issues of mental health in our community and that is a huge component of the work we do here — helping people with mental health issues,” Mercer says.

He had the Les Dube to put into words the feeling he had when he learned the Lighthouse’s fundraising goal was reached and the renovations began.

“In all the things we do, The Lighthouse seems to touch our heart the most. We’re helping (people) that generally are unable to help themselves.”

“We wanted to bring these people in to a place where they could survive, have a shower, put on clean clothes and have a meal ... meeting the minimum needs of a human being. We

would hope that one day we can eliminate people sleeping under bridges and in cardboard boxes.”

The Lighthouse building, part of which was once the Capri Hotel, was donated partly because it needed a lot of work. When Mercer came on board, “anyone would pour down all the sheets. People in offices flooded, would grow and rot, and when you try to clean it, there was no soap supply.”

“It’s hard to give people hope and dignity and a sense of purpose when it seems like no body cares about the building they’re living in,” she says.

“Entrepreneurs are making people proud to live there.”

“I don’t think I’ll ever be able to experience something like that again in my life,” Mercer says. “People know enough about us that they wanted to support us.”

continued on A26

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They're trying to do the best they can and I feel like sometimes society doesn't give that back to them. They're trying to find their place in the world but we've already decided their place. — Mercier

What would Mercier like people to understand about homelessness?

In winter here, no one sleeps here by choice. Mental health negatively impacts injury, substance and multi-generational poverty and the breakdown of families all come into play, making people vulnerable and marginalized.

"There's addictions that are so powerful that they're worth people suffering from it for dying."

"They're sleeping on us. We're their one glimmer of hope," she says.

Housing options are few for people with mental health and addiction issues.



The Saskatoon Health Region's Primary Health Bus is stationed outside the Lighthouse every Monday through Friday from 10 a.m. to 4 p.m.

Lighthouse

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DeeAnn loves people. And she treats everyone the same way. Everyone gets to enjoy her sense of humour and the kindness that she has for all people. — Heather Morrison



DeAnn Morrison looks at an artwork by Capilano students. SHIRLEY PHILLIPS/MONTREAL STAR

"It takes a lot to get a household moving and a lot of people forget when you move into a place for the first time, usually your parents help you. If you're moving of a homeless shelter, that leaves out all of your support networks, how completely broken down. To start a new life you're starting from complete zero."

In her experience, the stigma surrounding homelessness is the largest hurdle to overcome in housing.

"They're trying to do the best they can and I feel like sometimes society doesn't give that back to them. They're trying to find that place as the world has already decided their place. I don't think there's black and white people in the world — everybody is worthy of love and everybody is worthy of a hand up and maybe that could have made a change. People are reaching for a community that loves and supports them."

She says sleeping in a dorm room with 10 others is better than nothing, but it's far from ideal. She wants to give people more, so does Deane.

"I think that we haven't met the demand yet. Could we not make more and expand facilities? I think that's the case," he says.

He is referring to the new instance at The Lighthouse. A name is now on staff every morning. The health region's Primary Health Unit is parked out front on MainStreet. A name practitioner spends a day and a half each week at The Lighthouse which takes pressure off all emergency rooms and waits in clinics.

But there's a need for more time with the name practitioner, Morrison says, it takes time to form relationships with clients, most of whom are slow to give trust and reveal their true concerns.

continued on page 8

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Additional Design Features include floor-to-ceiling, triple paned windows that capture views of Hyde Park, with an 237 acres of lakes, parkland and walking trails, right across the street! All of the "suite houses" in today's condo market are offered. Certain units are available as one or two bedrooms. Moderate square footage are offered, matched to many condos with radiant floor heat and central air systems with integrated cooling for each suite.

Life lease suites are pre-panelling, 36 suites will available in this unique \$5.5 million building. Suite range is from \$80 to \$129 per square foot, including one bedrooms plus den, two bedrooms and three bedrooms plus den units.

Every life lease suite comes with outdoor parking stall, an in-ground, heated, private, well-adjacent individual dry-walled storage space. Residents enjoy easy access to the numerous transit-free transit spaces.

Hyde Park View offers some of the most attractive prices in the city, especially when you consider the amenities and the high level of service provided to residents. The Elan Lodge Housing Group has been providing quality housing in Saskatoon for more than 32 years.

Contact Shelley Davis at (306) 612-3338 and visit the website at www.hydeparkview.org for more information or drop by Elan Lodge (1125 Main Street) between 8am and 4pm to pick up a sales package.

IN THE CITY

NOVEMBER 17, 2014 — 5:15 P.M.

Brightening up the holiday



Organized from left to right by #1000, The Saskatoon Zoo Society, Saskatoon City Hospital Foundation and Area 41, the new Saskatchewan Roughrider Championship display in the BHP Children Enchanted Forest during a media event. The new light display opened to the public Saturday and runs until Jan. 31. ■ PHOTOS BY DEREK PRIBBLE



PUBLIC NOTICE

ATTENTION SASKATOON & SURROUNDING AREA
TRX RV, TCC Truck Camper Canada and Scotty's RV SOURCE
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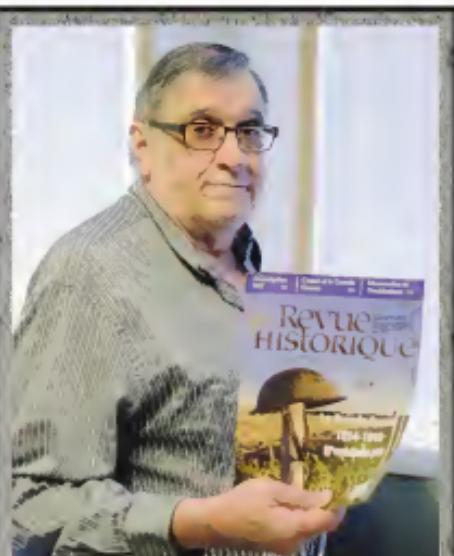
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Next week in **BRIDGES**

A look at how
Laurier Garneau
and others have helped
shape Fransaskois
culture in Saskatchewan

ON THE SCENE

PITCH PARTY

Salvation and over a entrepreneurial community was out in full force on Nov. 18 at Phoenix Park for the seventh annual Pitch Party. The party, which was presented by the W. Brett Wilson Centre for Entrepreneurial Excellence, gives eight learners and 10 seconds to pitch their ideas to Brett Wilson before a live audience. At the end of the night audience members voted on their favorite. The 16-year-old Maddy Rawlesky won the competition with her Doggy Nook pet bed venture.

BRIDGES PHOTOS BY GREG PENDER



ON THE SCENE



• Bob Beck and Wayne Gile

• Jillians and Rick Milton

• Larry Durand, Resource Kinneard and Daniel Thompson

• Alanna Proctor, Bramalea City Councilor and Jennifer Dent

• Stephaine Ying, director of the Wilson School for Entrepreneurial Excellence, left, with Brett Wilson

• Chaseme Caron and Kristjen Stevenson

• Andrey Grishin and Savaev Bhardwaj

• Shafiq Puriyash, Blue Turquoise and Hone Dossing

• Pam Deneck, Shannon Morton, Steve Little and Trish London

• W. Reed Wilson poses for a photo with guests at Pitch Party



Recipe of the Week

Pub-Style Vegetarian Chili



2 cups dried fresh
mushrooms
1 cup dried pearl onions
1 bay leaves
1/2 cup ground cumin
1/2 cup dried oregano
1/2 cup black pepper
1/2 cup (1/2 oz.) banana pepper
1/2 cup (24 oz.) whole
peeled tomatoes with
juice
1/2 cup dried kidney
beans
1/2 cup black beans
uncooked

1/2 cup olive oil
1/2 cup dried red bell peppers
2/3 cup chopped green
bell peppers
1/2 cup chopped onion
1/2 cup dried powder
1/2 cup salt
1/2 cup dried kidney
beans
2 cups of water
1/2 cup dried oregano

1. Heat olive oil in a large pot over medium heat. Cook and stir mushrooms, onions, cumin, green bell pepper, dried kidney beans powder, salt, black pepper, banana pepper until the onions begin to soften, 2-3 minutes.
2. Add in mushrooms with dried red bell peppers and stir. Cook until the beans are soft and tender.
3. Bring the chili to a boil. Reduce heat to a low, and let simmer until vegetables are tender, 20 minutes.

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MUSIC

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SASKATCHEWAN MUSIC SCENE

Off the lot, into the studio



Rajan Goyal (left) a success/Meat Ticket (right) are set to start a concert tour (L to R: SUBMITTED PHOTO)

By Sean Trembath

Digital has been recording rap songs for 10 years, but it was only seven months ago he decided to make it his main task.

The Saskatoon-based MC, born Evan Thompson, had been selling mixtapes to put food on the table. He was good at it, making almost as many as

year-old 18, wouldn't stop.

"I wake up every morning, put on a suit and put on that mask," he says.

The decision to quit wasn't easy. The life of an underground reggaeton artist is not often lucrative. And Thompson has three daughters.

When he put on his resignation, some of the relatives surprised him. His younger co-workers thought he

was crazy which he expected, but the older ones — guys with two or three decades on the job — told him he was doing the right thing. They knew how easy it is to end up stuck.

Looking back, Thompson says he definitely made the right choice. He has released a new EP, *Meat Ticket*, and has already written another album's worth of material.

"I definitely started to discover who I really am now that I'm doing it full time," he says.

Within while he was making his decision, Meat Ticket shows the definitely Thompson was going through. His hunger comes through as he raps about an unconscious financial instability and the overwhelming desire to make something of himself.

"I'm not afraid to put anything out there," he says.

The album bridges from musical production from Rebs the DJ to Ontario-based hip hop artist and his own on the last three albums from Polaris-nominated Shad. Thompson slept in Shad's basement over the four-day recording process and spent the rest of the time in his in-house studio.

MUSIC



Angier Coopertown, now 30, shows this year and hopes to double that in 2015. SUBMITTED PHOTO

"It was a one-stop shop," Thompson says, spending time with the producer who has been in the industry well over a decade, taught Thompson a lot.

"He became one of the guys who really educated me," he says.

With the advice recorded, Thompson got down to touring. A summer tour with local MC Factor took him all over Western Canada and the West. He filled his time with as many other shows as he can get. He has done more than 50 shows this year, and hopes to double that in 2015.

He knows that at 30, he's a bit older than most who decide to drop everything and pursue the dream. He jokes about being too old to dream his age. At the same time, he feels his work is better than it has ever been.

"I needed that time to develop my craft," he says.

Even though not everyone in his family fully supported his choice to go full time, he

wants his children to see that you can pursue your dreams, whatever that may be.

The need to travel to show them there's no shame in going after what you want," Thompson says.

There's certainly no knowledge right there to make the long time.

"I don't even think you really know I know where I want to be. I don't necessarily know what I want to be," he says.

His sights are set elsewhere. He has seen the type of lifestyle underground Canadian rappers like Mac Miller could achieve and isn't afraid to aspire to that as more.

"Why not me?" he asks.

Wherever his path goes, he is enjoying the ride.

"I am a full-time artist. I'm living the dream."

angiercoopertown.com
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Authentic Amish Cooking



Raisin Bread

1 1/2 C. Milk
1/2 C. Sugar
2 T. Salt
1/2 C. Butter
1/2 C. Sugar
2 T. Cinnamon
2 T. Butter, melted

7 1/2 C. Flour
1 1/2 C. Raisins
1 C. Dried cranberries
Mashed Potatoes
1/2 C. White Water
2 pds. Yeast



Soak milk, remove from heat. Add sugar, salt, butter and mashed potatoes. Let cool. Dissolve yeast in water, then mix with milk. Add raisins and flour. Let rise in warm place 1 1/2 hours. Divide dough into 2 loaves. Roll out to 1/2" thick. Place in loaf pans. Let rise again on each roll. Roll up as for jelly roll and pinch edges together. Bake in 350° to 375° for 45 minutes.

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ASK ELLIE

Moving on means taking steps to not dwell in the past

Q. I've had tumultuous relationships starting in college through building my career. I was married once for those years in my late 20s.

I've had a fairly successful I am still in love. It's easy to meet women, but I am starting to want the whole package — with kids, maybe a cat etc.

Online dating's easy for me, to find women who are into fun, casual dating with sex. But now I'm wondering what's the best route to finding the one.

Need to Move On

A. You're looking at Moving On with a purpose and a goal. It may sound positive but it can be a blakewell approach if you create a checklist ahead of who will be the One."

It's like looking for a specific needle in a vast haystack. What you need to know are your own cues to find a likely match. Though, a woman who enjoys family life and doesn't just want casual sex may be attracted to her if she's already had a couple of young kids she may not

Ask Ellie



want a baby right now, or she's younger and feels she has time.

Instead into a relationship with someone who fits her year shopping but can be a long wait when you later discover what she is in the package.

So go slowly and thoughtfully. Be honest about your hope for a serious relationship, and learn who the person is, not just what she wants from you — your success and a proposal — and what you love about her beyond her availability right now.

Q. My second husband was the love of my life, which was remarkable since I married my first husband

for love. We had a wonderful short life together, but he passed away at 26 from an undiagnosed heart condition.

I've now 31 and未婚 again. I realize that in one way I've been luckier than many. But two sudden losses have taken their toll.

I don't even know what "moving on" means for me. I'm afraid to even consider another romantic relationship but I rush into something just for security, or avoid getting caught off guard because I'm scared off.

Wary Widow

A. Moving on means having a present and a future not living in the past. Lasciviously you that your main source of what you gained in these loving relationships are no longer there.

You have taken a hit! But you have more reason than most to be optimistic about finding another partnership, supportive friendship, and love.

You know how to give and receive respect, trust and love like never one else, you still need to take time

getting to know new people, but unlike many you know the mistakes ahead, so stay open to them.

Q. My son's getting divorced after 20 years of marriage. They'd been together through higher education, careers, and have three great kids (the oldest is 11).

We're heartbroken and wondering how grandparents "move on" with this ... do we offer our home to our son and grandkids (and change our life to what it was 30 years ago)?

Shocked

A. It's your son's divorce, not yours. If he's able to move in, let him do so first to cut the financial division of assets including the marital home.

If he can afford his own place, or needs some financial help for that, it's likely better for him and his children to hold on to their own unit (assuming there's just one child) and that already seems better for you.

Be supportive emotionally through regular contact with your grandchildren.

Q. What does "moving on" mean? People have relationships some others don't. You can't stop living so you carry on.

Maybe you need someone else soon, maybe not. Maybe you decide not to get another agent for your I just don't get what the whining's about.

Unaware Observer

A. It's about emotions not structure. While some relations are casual, many others have involved one's emotional involvement, which included a huge part of someone's self-esteem.

Their relationship implied security, being loved, a sense of life, pleasure and dreams. The breakup may feel that all that was a lie — especially no love, plumping self-esteem and the loss of what was familiar.

Wait back your judgment. What actions some people or parental units want to critique if you don't want to listen to what you call "whining," well sorry. You're not the right friend for that person anyway, not if that's true.

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GARDENING

GARDENING IN SASKATCHEWAN

Sprout seeds in your kitchen for produce year-round

By Jackie Bantle

One of the most dismal parts of winter can be the lack of local, fresh produce in our kitchens. However, with a few seeds and some water, fresh, nutrient-rich sprouts can be grown in your own kitchen year-round.

Sprouts are tiny growing plants, germinated from seeds. The sprouting process triggers multiplication of proteins, transforms carbohydrates into simple sugars for energy, and combines nutrients with amino acids for greater assimilation into the human body. Sprouts are an excellent source of anti-oxidants.

Sprouting seeds is easy. Only a few sprouting seeds are needed, a small amount of good-quality seeds, a large glass or clear plastic jar with a tight-fitting lid, a small amount of water for rinsing (0.5 pint/jar) and a rubber or silicon seal or screen, along with a rubber band that will fit over the mouth of the jar.

Begin with the process in moderate seeds. Place seeds in the jar and cover with clean, potable water at room temperature. Soak sprouter seeds like lentils or radish for six hours and larger seeds like beans or peas for 12. After this soaking or sprouting stage, pour out water through the mesh or seal cracks with fresh water.

After soaking, draining and rinsing seeds, place the jar in a dark place. Wait for the seeds to germinate; this can take anywhere from one to 13 days, depending on the seed. While you wait for the seeds to germinate, the seeds should be rinsed at least twice (preferably three) daily.

Always clean water and room temperature for rinsing. Once seeds begin to produce leaves, place the container in a bright spot to allow green chlorophyll in the leaves to develop. Never place any sprouting seeds in direct sun. Sprouts are ready to eat as soon as leaves are visible, usually within 10 days.

Sprouts that have their heads, like sunflower seeds, need to be cleaned in a different manner than seeds without heads. Once the sunflower seeds have germinated, place them in a jar on a large plate filled with water. Gently separate the hulls from the sprouts using your fingers. The hulls will rise or sink in the water and must be manually removed from the sprouts.

Store sprouts in the fridge for up to two weeks. Keep the sprouts in a sealed container and rinse with cool water every two days. One of the main concerns with sprouting seeds is

SPROUTS: WHAT YOU NEED TO KNOW

- Recommended seeds
- alfalfa
- radish
- sunflower
- alfalfa
- broccoli
- buckwheat
- chick pea
- lentil
- mung bean
- sunflower
- arugula
- sesame
- soybean
- wheatgrass

The best way to avoid disease is to purchase seeds from a reputable source.

- Merton's Sprouting Seeds — located in Parkdale, Saskatchewan (www.sprouting.com)
- Sprout Master — Elmira, Ontario (www.sproutmaster.com)
- Extreme Sprouts — Courtney, BC (www.extremesprouts.com)

Contamination of the sprouts will be bacterial such as salmonella.

The key to avoiding this risk of infection is to purchase and spread seeds that are sold for sprouting purposes and have been tested for pathogens. For extra assurance, one can add 1 tbsp of vinegar or five drops of food grade hydrogen peroxide (0.5 per cent) or 1 tsp. of hydrogen peroxide (1 per cent) to two cups of water for soaking seeds.

For more detailed information about sprouting seeds I recommend the book *The Wonders of Sprouting* by Lucy Dejarnac. It's available from your favorite sprouting and supplier. Happy sprouting!

Bottle is a Manitoba artist living in Berlin, Iowa.

This column is provided courtesy of the Saskatchewan Horticultural Society (www.saskhort.org and www.saskhort.org/contests). Check out our website for a journal or calendar for upcoming garden information sessions. On Nov. 16, My Garden Project and showcase Horticulture instructors are giving lessons from raising young gardeners to a family building a garden.



Alfalfa and wheatgrass are two kinds that work excellent for sprouting. PHOTO COURTESY JACKIE BANTLE



Alfalfa seeds at the beginning stage of sprouting, which can be done easily in your home kitchen. PHOTO COURTESY JACKIE BANTLE

EVENTS



Fall in love all over again...

Before



After



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■ MUSIC

Wind., Nov. 26

Lights w/ Wildlife
Ottawa Event Centre,
241 Second Ave. S.

Free Whistle-Blank
Exits on Broadway,
817 Broadway Ave.

Makita (Bangergers)
Broadway Theatre,
175 Broadway Ave.

**Jazz Jamz: The Brett Belan
Trio**
The Basement,
204 Fourth Ave. N.

White Cowgirl Chicks,
Ric John Reiter and The
Poochfests
Amigos Casino,
632 10th St. E

Thurs., Nov. 27

Whiskey on a Sunday
Crackers Restaurant &
Lounge,
1-227 10th Street Dr.

Metal
Ottawa Event Centre,
241 Second Ave. S.

Topher Hills
Exits on Broadway,
817 Broadway Ave.

**Roots Series: Lisa LeBlanc
in 'Fever'**
The Basement,
204 Fourth Ave. N.

The Weavers
Amigos Casino,
632 10th St. E

**The Ataris w/ Het Pande,
Sausage Klunks and Interrest
Friends**
Vangala Tavern,
801 Broadway Ave.

Mike Floyd and D-Sisters
Capital Music Club,
244 First Ave. N.



Lights w/ Wildlife with Wildlife and Friends at Ottawa Event Centre

**States w/ Soul Mates and
Satan**

Broadway Film & Record
100-200 Third Ave. S

Fri., Nov. 28

Screenplay
Exits on Broadway,
817 Broadway Ave.

**Piano Friday: Marloes
Drouk**

Roots Series: Peggy Hegy
The Basement,
204 Fourth Ave. N.

DRF

Army & Navy Club,
339 First Ave. N.

Levon Ochs
Fairfield Senior Citizens'
Centre,
103 Fairmont Ct.

Two Tall Dudes
McMally Robinson,
310 8th St. E.

The Band Wagon
Teen Town Tavern,
817 Broadway Ave.

3330 19th St. Dr

Portland Poetry
Amigos Casino,
632 10th St. E

**DRF w/ Pastor and Mt.
Phelps**

Vangala Tavern,
801 Broadway Ave.

**The Glassy Champs w/
MacKellar**

Capitol Music Club,
244 First Ave. N.

Northern Rebels
108-110 Ruth St. E

November Montache Series:
DJ Hatchet & Kitten

Miller's Lounge/Bistro,
3404 Eighth St. E

Twinkie Wasted
Pizza's Pub and Grill,
1623 Idylwyld Dr. N.

Ref., Nov. 29

Screenplay

Exits on Broadway,
817 Broadway Ave.

What you need to know to plan your week.

Send events to bridges@thestarphoenix.com

817 Broadway Ave.

Ali Dina & Dzawiki
Capital Music Club,
244 First Ave. N.

Northern Rebels
Starm Plaza,
108-110 Ruth St. E.

Barnett Miller's Pan Fried
Blues
Son Yamas Club,
228 Second Ave. S.

Twinkie Wasted
Pizza's Pub and Grill,
1623 Idylwyld Dr. N.

Transcontinental Blues Duo
Bugsy's Bar & Grill,
134 Princess Dr.

Ref., Nov. 30

Alexander Night | Rayney
Bush on Broadway,
817 Broadway Ave.

Mon., Dec. 1

**Mother Mother w/ Utique-
Eats Syrupy Selskar**
Ottawa Event Centre,
241 Second Ave. S.

Tues., Dec. 2

Black Rain
Bush on Broadway,
817 Broadway Ave.

ART

Modigliani Gallery
Level 1, 4-40 16th Street
Cres. E. and 10th Avenue.

The 80th Anniversary Exhibition:
Modern Masters presents
an exhibition of over 120 works from the

parisian collection. **Aga**
Ali: Images of Positive
Aging runs until Nov. 30. A

photography exhibition presented in partnership with the Saskatchewan Council on Aging. **The Chickadees** perform as part of the gallery's anniversary programming Nov. 30, 3 p.m.

EVENTS

Children's Play Centre

Debs at Linton Heights Hall. A fun, safe, environment for preschool children to play. Please note this is an unstructured play area, and adults must stay with and supervise children at all times.

Market Hall Children's Play Centre

Daily just off the food-court at Market Hall. This play area is free and has different levels/levels. Children must wear socks in the play area.

Mountain Indoor Playgroup

Thursdays, 9:30 a.m. to 11:30 a.m., through March 13, at Community Baptist Church, 1134 Acadia Dr. Parent-supervised playgroup for kids up to age five. A bounce house and toys for kids, designated infant play area, coffee/tea for parents. Registration an annual. Information at scosters@shaw.ca or their Facebook page.

Moons for Mommies

Thursdays, 1 p.m., at Rainbow Cinema in the Centre. Ambient-friendly environment with reduced sound, change tables, bottle warming and stroller parking.

Shop 'N' Swap

Fridays, 9:30 a.m. to 10:30 a.m., meets in front of customer service at The Mall at Lawson Heights. Classes consist of a parent-welling, body-sculpting movement class, a stretching class for parents and babies. Register at karen-sundstromfitness.com. No classes on stat holidays.

Kang Talk at BPL

Fridays, 10:30 a.m., at Alice Turner Branch, Mondays, 10 a.m., at Castle King Branch and 10:30 a.m., at CWP Wright Branch. Half-hour铿劲 Kang Talk, then mingle with other parents.

Winter Bird Feeders

Nov. 29-30, 1 p.m. to 4 p.m., at Meewasin Valley Centre, 403 Third Ave. S. Drop in and make a bird feeder for the winter birds in your yard. Open to everyone.

Max & Ruby in The Nutcracker Ballet
Nov. 30, 1 p.m., at TOU/Phex. Tickets



Catch Max & Ruby in the Nutcracker Ballet this Sunday at TOU/Phex.

at 306-975-7799, to find sets on. As Max and Ruby's grandmother reads them The Nutcracker on Christmas Eve, their imaginations lead them to a magical land where the Sugar Plum Fairy reigns. Featuring the music of Tchaikovsky's Nutcracker.

Postnatal Yoga

Mondays, 12 p.m. to 1 p.m., at Pregnancy and Parenting Health Centre, 208 Third Ave. S. Beginner to intermediate classes designed to help with postpartum recovery. Each class with a certified postpartum instructor. For four weeks to two years postpartum. Register at tinyurl.com/qzq7w6y. No class on stat holidays.

Canadian Light Source (CLS) Public Tours

Monday, 1:30 p.m., at the Canadian Light Source, 44 Innovation Blvd. The synchrotron research facility is open for the public. Pre-registration is required. Call 306-657-3864, email.outreach@lightsource.ca or

register online at children.aspx. Two to five, but all ages are welcome.

Preschool Story Time

Tuesdays, 9:30 a.m. to 11 a.m., at McNauly Rebbman, 1330 Eighth St. E. For children ages three to five in the Circle of Trees. Call 306-935-1477.

Reed & Peint

The first Tuesday at 10:30 a.m. and Wednesday at 10 a.m., each month, at West Point Pottery, 3110 Eighth St. E. Suitable for ages two to six. Each month features a different story, followed by a related pottery project. This month, call "The Nutcracker."

ILL Side-by-side Evening Story Time

The first Tuesday of the month, 6:30 p.m., at Holy Covenant Church, 1426 Alexandra Ave. This topic is nutrition and exercise. All women interested in breast-feeding are welcome. Dads and partners are also welcome. Call 306-655-4465 or email illsidebyside@gmail.com.

Saskatoon Public Library Programs

ongoing daily programs for children and families. Find the calendar at saskpubliclibrary.ca/week16.

BLOCKS 4 KIDS® Saskatoon

Regular after-school programs, preschool classes and camps for kids of all ages at various locations in Saskatoon. An atmosphere for students to build unique creations, play games and have fun using LEGOS® bricks. Visit blocks4kids.ca or call 306-975-2350.

SPECIAL EVENTS

Year In Review

Nov. 27, 11:45 a.m. to 1:30 p.m., at La Prairie's Viva Frenchophone Centre, 308 Fourth Ave. N. A free interactive seminar with Michelle Gauthier. Increase your understanding of how your brain reacts to change and get tips on how to help the brain deal with transitions more easily. Register at plastic.com.

Marketplace

Open year-round. Wednesday and Sunday, 10 a.m. to 2 p.m., and Sat-

urday 8 a.m. to 2 p.m., farmers are in attendance. Tuesdays to Friday, 10 a.m. to 5 p.m., and Saturday and Sunday during market hours. Food service and specialty shops are open information at saskmarket.com. Contact 306-346-6262, saskmarket@sasktel.net

St. George's Senior Citizens Club Activities

Wednesday, 12 p.m. to 4 p.m., at 1235 20th St. N. Wings and Waffles, billiards and random monthly socials. The last Wednesday of each month they hold memory exercise classes. New members ages 55+ are welcome. Information at 306-384-3444, 384-3444@shaw.ca

Ukrainian Writers' Settlers' Rewards and Challenges in Writing Biography

Nov. 26, 7:30 p.m., at Grace United Church, 300 10th St. E. Presented by Alexandra Popoff. Information at biographies.ca. Admission is free. Contact 306-984-8486, eng1@shsask.ca

Mayfair Carpet Bowling

Wednesday, 6 p.m. to 11 p.m., at Mayfair United Church. Beginners and experienced players are welcome. For information call 306-551-2151.

Everything Opened

Nov. 26, 10 a.m. to 11:30 a.m., at Saskatchewan Cancer on Aging. Speaker Maris Johnson talks to seniors about dementia from their homes into retirement communities. Register at 306-632-3230, eslay@ca.ca.

Ronald McDonald House Regina Fashion Show

Nov. 23, 7 p.m., in cocktails, 7-10 p.m., at the Marion Canadian Centre local media models and families. Fashion by Saskatchewan merchants. Tickets at 306-654-5128 ext. 111.

SDA Services

Thursdays, 7 a.m., in room 13 at Albert Community Centre, 447 Clarence Ave. S. Saskatoon International Folkdance Club. Learn dances from many countries around the world. The first night is free. Visit www.sdfolk.com

EVENTS

Le Gheen des Fleurs Rehearsal

Thursdays, 7:30 p.m., at Utsitoo Canadiana, 1407 Albert Ave. \$10 and tickets in advance. With choir director Michael Harris and accompaniment by Rachel Fraser. Information #306-343-9641, 306-345-9460.

Working for Christmas Presentation

Nov. 27, 7:30 p.m., at W.A. Weyiouanna Centre, 325 Fourth Ave. N. Hosted by the Saskatoon Council on Aging. Speakers Shirley Peacock and Shirley Stan address some of the challenges that may arise when becoming a caregiver and discuss ways in which you can plan ahead. Register at 306-663-2255, ashley@scscc.ca.

Weather Permitting Comedy Tour

Nov. 28, 8:30 p.m., in the U of S Peter MacKinnon Building. An independent comedy tour featuring local, feature-length movies. Tickets \$15. Andrew Goff and Michelle Christine. Tickets at weatherpermittingtheproject.com.

Reading Series: The River Valley

Nov. 28, 7 p.m., at D'Urberville, 702A Main St. featuring poets Dee Hallstaaten Smith and Anne Eales Hamlin. With open mike.

Medicommunity 2014

Nov. 29-30, 7 p.m., at Broadway Theatre. Hosted by the Health Sciences Student Association (HSSA). Tickets of right price. Shows: Tickets from HSSA representatives or at the door. Funds raised support the Items & Leslie Bube Centre for Mental Health Open Art Studio.

Art, Craft and Bake Sale

Nov. 29, 10 a.m. to 5 p.m., at Okotoks High School, 959 9th Street West. With up to 70 vendors, a concessions and coffee bar. To reserve a table contact redder@shaw.ca or 306-659-7015 by Nov. 27.

All-You-Can-Eat Venetian (Pasta) Supper

Nov. 29, 5 p.m. to 7 p.m., at the Ukrainian Orthodox Cathedral Auditorium, 100-39th St. \$10. Cost includes dessert and a beverage. Meal and cabbage rolls are available at extra cost. Admission at the door.

A Not-So-Traditional Holiday Concert

Nov. 28, 7:30 p.m., at St. Joseph High School, 115 Weston Rd. The University of Saskatchewan Wind Orchestra performs. Works by Anderson, Deane, Hanson, Odegard and Vaughan Williams. Admission at the door. Information at events.sasked.ca/2014/11/28.

Sing Chorus of Angels

Nov. 28-29, 7:30 p.m., at Knox United Church. The Saskatoon Children's Chorus' annual Christmas concert. Tickets at events.sasked.ca/2014/11/28 or at the door.



Don James. *Today at 700* host.

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The StarPhoenix SPORTING Christmas

Poverty is stealing in the way of a Merry Christmas for thousands of people in our community. The StarPhoenix is asking people to make a big difference for many Saskatchewaners and their families this Christmas.

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- Online at thestarphoenix.com/sportingchristmas
- Please send only cheques, money orders or credit card donations by mail
- Cash donations can be made in person at The StarPhoenix, 204 5th Ave. North, Saskatoon, SK from 6:30 a.m. to 4:30 p.m.

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EVENTS

Festival of Trees: A Fairy Tale

Christmas

Until Nov. 29, 9 a.m. to 9 p.m., at the Weston Development Museum, Weston Road, Weston, Lower Lane, One.

Upon a journey, wreaths, entertainment, and the new Captain the Magic Photo Studio, with Toy Story and Frozen displays. Visit weston.ca/festivaloftrees for more info. Ticketing funds for the Saskatoon City Hospital Foundation. Visit weston.ca/streets.

Saint Matthew's Anglican Halliday Bazaar

Nov. 29, 10 a.m. to 3 p.m., at 103-199th St., soup and sandwich lunch, silent auction, new-to-you-table, baking, quilt raffle. Gluten-free options available. Information at 306-970-3460.

Christmas Tree & Bazaar Sale

Nov. 29, 9 a.m. to 3 p.m., at Saint Peter & Paul Ukrainian Catholic Church, 4011 University, kielbasa, cabbage rolls, two kinds of potato, home baked and refects.

Advent Tea

Nov. 29, 10 a.m. to 4 p.m., at St. John's Parish Hall, 2105 Spadina Cres. Christmas tree sale, homemade turkey pies and crafts. Tickets at 306-642-5646.

The Bonsai McNeills' East Coast Christmas

Nov. 29, 10 a.m. to 4 p.m., at cristiana Event Centre, 201 10th Street Ave. S. Presented by CFCRL, Planet S, and BPCA. Bonsai with a full course turkey supper. Tickets at obonianseventcentres.ca. Funds raised support the BPCA.

Parody Dinner and Trivia Night

Nov. 29, 6 p.m. to 8 p.m., at Mayfair United Church, 960 33rd St. W. Humorous parodies and an evening of trivia. Tickets at aticats.com.

Baylor Derby (Bellemeade-Header Derby)

Nov. 29, 7 p.m., at Thresher Park, 1 Saskatchewan Hwy. 101, Saskatoon. Tickets at baylorbellemeade.com.

Mindfulness Edmonton Expo
Dec. 6 & 8, 9 a.m. to 9 p.m., at the Weston Development Museum, Weston Road, Weston, Lower Lane, One.

Upon a journey, wreaths, entertainment, and the new Captain the Magic Photo Studio, with Toy Story and Frozen displays. Visit weston.ca/festivaloftrees for more info. Ticketing funds for the Saskatoon City Hospital Foundation. Visit weston.ca/streets.

Motion Influx

Nov. 29, 8 p.m., at The Refinery Free Flow Dance Theater's fall concert, featuring professional contemporary dance works by Jackie Latsonova and Free Flow Dance The Arts Company. With choreographers Emily and Kyle Lawrence. Tickets at 306-602-3396, ontheboards.ca.

Christmas Dinner and Games

Nov. 29, at the downtown Legion, 606 Spadina Cres. W. Tickets at 306-364-7515.

WIFF New Service Series: Gals

Nov. 29, at The Refinery, 8 p.m., of finished work.

Christmas Bazaar

Nov. 29, 9 a.m. to 7 p.m., and Nov. 30, 10 a.m. to 4 p.m., at the third floor of Albert Community Centre, The Saskatoon Pentecostal Church's sale. Admission is free.

St. John's Pottery & Bazaar

Nov. 29, 10 a.m. to 4 p.m., at the Atrium, 30-32 Albert Community Centre, 610 19th Avenue Ave-S. Admission is free.

Itsy Bitsy Craft in the City

Nov. 29, 10 a.m. to 3 p.m., at Victoria Park, 14-20 21st St. and 14th Street, Craft and Bakery, 18-23 10th St. E. A three-day craft fair by makers 18 and under. With tea, coffee, espresso and refreshments. Admission is free.

Free Musical Performance

Nov. 29, 2 p.m., at the National Art Gallery, The Chilkoot Room, featuring music inspired by the 1950s.

Saskatoon Choral Society's Fall Concert

Nov. 29, 2:30 p.m., at Grace-Westminster United Church, 500 10th St. E. A concert featuring an ensemble of 40 voices. Refreshments, coffee and desserts will follow.

Teaight The Poetry

Nov. 30, 7:30 p.m., at The Arts Centre. Teaight will follow the concert.



—Aldo-Hansen is Choral Director & Conductor, The May Residence, Dec. 2-9. See page 36.

Yachts from choir members,
from the door.

Saskatoon Men's Chorus

Nov. 30, 3 p.m., at Grace-Westminster United Church, 500 10th St. E. A concert featuring an ensemble of 40 voices. Refreshments, coffee and desserts will follow.

Free Musical Performance

Nov. 30, 2 p.m., at Grace-Westminster United Church, 500 10th St. E. A concert featuring an ensemble of 40 voices. Refreshments, coffee and desserts will follow.

World AIDS Day Candlelight Vigil

Dec. 1, 6:30 p.m., at St. Mary's Parish, 211 Ave. S. A candlelight vigil to remember those lost to AIDS. Refreshments, coffee and desserts will follow.

Teaight The Poetry

Nov. 30, 7:30 p.m., at The Arts Centre. Teaight will follow the concert.

Mindfulness Edmonton Expo
Dec. 6 & 8, 9 a.m. to 9 p.m., at the Weston Development Museum, Weston Road, Weston, Lower Lane, One.

Upon a journey, wreaths, entertainment, and the new Captain the Magic Photo Studio, with Toy Story and Frozen displays. Visit weston.ca/festivaloftrees for more info. Ticketing funds for the Saskatoon City Hospital Foundation. Visit weston.ca/streets.

Christmas Dinner and Games

Nov. 29, at the downtown Legion, 606 Spadina Cres. W. Tickets at 306-364-7515.

WIFF New Service Series: Gals

Nov. 29, at The Refinery, 8 p.m., of finished work.

Christmas Bazaar

Nov. 29, 9 a.m. to 7 p.m., and Nov. 30, 10 a.m. to 4 p.m., at the third floor of Albert Community Centre, The Saskatoon Pentecostal Church's sale. Admission is free.

St. John's Pottery & Bazaar

Nov. 29, 10 a.m. to 4 p.m., at the Atrium, 30-32 Albert Community Centre, 610 19th Avenue Ave-S. Admission is free.

Itsy Bitsy Craft in the City

Nov. 29, 10 a.m. to 3 p.m., at Victoria Park, 14-20 21st St. and 14th Street, Craft and Bakery, 18-23 10th St. E. A three-day craft fair by makers 18 and under. With tea, coffee, espresso and refreshments. Admission is free.

Saskatoon Choral Society's Fall Concert

Nov. 29, 2:30 p.m., at Grace-Westminster United Church, 500 10th St. E. A concert featuring an ensemble of 40 voices. Refreshments, coffee and desserts will follow.

Free Musical Performance

Nov. 30, 2 p.m., at Grace-Westminster United Church, 500 10th St. E. A concert featuring an ensemble of 40 voices. Refreshments, coffee and desserts will follow.

Teaight The Poetry

Nov. 30, 7:30 p.m., at The Arts Centre. Teaight will follow the concert.

Ushers, Bell-Dagmar, Massi Gagnon and Bell-Simone. A family-friendly hockey game is Dec. 7, 7 p.m., at the new Legends Centre in Warman. Tickets at aticats.com.

Angela Russek
Until Dec. 18, 8 p.m., at Broadway Ave. Enter to win from \$100 to \$500 in gift cards at participating Broadway Avenue merchants. Prize cards can then be spent at Broadway stores.

WIFF-Billion Festival of First Holiday Lights Until Jan. 15, 5:30 p.m. to 11 p.m., at the Saskatoon Farm Valley Farm Park & Zoo. Light with Jan. 16, 3-10 p.m. to 9 p.m. This drive-through Christmas display celebrates its 10th anniversary. Tickets at \$15.95, including admission. Tickets are \$12.95 at Sobeys, Shoppers Drug Mart, Midway Plaza or at the fair. Funds raised support the Saskatoon Zoo Foundation and the Saskatoon Hospital Foundation.

THEATRE

It's a Wonderful Life
Until Dec. 20, 8 p.m., at Paramount Theatre, Box 101 on the Frank Capra Stage and the Original Story by Philip Green. Steven Stern, George Bailey is facing financial adversity and in his moment of greatest despair, is saved by a wonderful angel named Clarence Oddbody. Tickets at 306-384-7723, paramounttheatre.org.

Giving Gloves Day
A Dress for Success contest. Women are encouraged to donate gently used professional shoes to help disadvantaged women entering the workforce. Shoes can be dropped off at downtown Footworks throughout November and donors can contribute with a \$5000 store gift certificate. The GiveWell will be held Dec. 2.

World AIDS Day Candlelight Vigil
Dec. 1, 7 p.m., at St. George's Anglican Church, 626 1st Ave. Presented by St. George's Anglican Church and The Avenue Community Centre for Gender & Sexual Diversity. With The Big City Chorus.

Off-Broadway Performers' Market, International Bazaar, and Bistro
Tuesdays, 11 a.m. to 6 p.m., in the basement of Grace-Westminster United Church, 500 10th St. E. Offering a variety of local and international food, as well as an access point for international performers, art products, baking, and baked dishes. New vendors welcome. Call 306-654-2540 or email claudia@harrisonbillshaw.com.

World AIDS Day Candlelight Vigil
Dec. 1, 7 p.m., at St. George's Anglican Church, 626 1st Ave. Presented by St. George's Anglican Church and The Avenue Community Centre for Gender & Sexual Diversity. With The Big City Chorus.

HIV/Legends Prairie Tour
Playhouse
Dec. 2-3, in Saskatoon and area. A production of the Saskatchewan Arts Board. Tickets at 306-242-7100, tscf.com. Prices, heart and might with a touch of legend. Includes *Ray Bourque*, Al Mastro, Stéphanie Béchard, Chris Niles, Rick Miller, and Gary Leeman, Ken.

These listings are a service, not a guarantee. Call for details, contact off-peak, and check with your local police, fire department, and emergency services before you leave home. Information is free unless before the event ends.

CROSSWORD

NEW YORK TIMES Edited by Will Shortz

第二步：启动项目，完成配置

卷之三

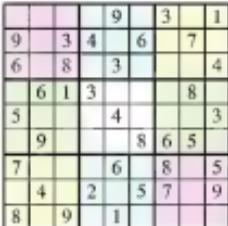
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JANRIC
CLASSIC
EDITION

Lewis Brown

Fill in the blank cells using numbers 1 to 9. Each number can appear only once in each row, column and 3x3 block. Use logic and deductive reasoning.

to solve the puzzle.
The difficulty increases
from Easy (Bronze
(Level 1) to Silver
(Level 2) to Gold (Level 3).



Solutions to the crossword puzzle and the Sudoku puzzles found on Pages 38

A woman with dark hair tied up in a bun, wearing a green t-shirt with a white graphic and the word "ATHLETICS" on it, is smiling at the camera. She is in a gym environment with exercise equipment visible in the background. To her left is a large, stylized text graphic.



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WINE WORLD

SASKATCHEWAN WINE SCENE

Regina's Bushwakker mead a true holiday treat

By James Romanow

On the first Saturday of December every year, Bushwakker Brew Pub in Regina releases one batch of blackberry mead. The release marks the beginning of Advent, currently a Christian festival but one that has roots way back. Virtually all agrarian societies had a harvest festival and then a couple of weeks later celebrated the day when grapes began to become wine. If you're a pagan think of Bushwakker as helping to keep the harvest fires lit. If you're a Christian, think of it as bringing light into the world. Take your pick.

Whatever fits, the timing, the release of the Bushwakker mead is a great way to start your party season. They sell about 4,000 bottles and keep enough on tap to fit New Year's Eve, God willing and the blizzard don't blow.

More than a few people enjoy a party night out on the Friday before the release to ensure their four days.

This is the only real Bushwakker mead all year. Most brewers do not make mead because the yeast is a serious fermentation beast, which, once loose in your inventory takes over completely. Bushwakker has to be convinced to keep the killer yeast contained, so much trouble in the brewery happens.

It's a really nice drink, although a great deal more alcoholic (8.5 per cent) than beer. The



blackberries that the brewer harvests annually, as well as applying some needed acidity to the sugar content of the yeast. It is slightly hopped so well masking for a balanced drink that you can enjoy all night or with your holiday fruits.

Bushwakker Blackberry Mead: \$10/380 ml
Off 10% last week. It was red hot last week. But I'll get there soon. More info on Monday's StarPhoenix and on Twitter @drjromer.

Crossword/Sudoku answers

GIL	TAD	PAT	OMS
ORE	SPINACH	XOD	
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FINNS	SLILER	SEMD	
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	FACE	TIME	
UNCUR	SCROLL		
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THE TEA PARTE

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Best of OUTSIDE THE LINES

Colouring contest



Each week, Stephanie McKay creates a timely illustration meant to please kids of all ages.

Children can colour the page, have a picture taken with the finished product, and email it to bridges@thestarphoenix.com. One winner will be chosen each week. Please send entries by Monday at 9 a.m.



Last week's contest winner is Marie Hackay. Thanks to everyone who submitted entries!



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SHARPEATS

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SASKATCHEWAN FOOD SCENE

Fun ways to connect kids with agriculture



Saskatoon's Westmount Community Schools Grade 3-4 teacher Adrienne Sharp teaches her students about gardening through a program called Little Green Thumbs sponsored by Agriculture in the Classroom. (Photo: Mike Fiala)

By Jeni Sharp

Grade 3 and 4 students at Westmount Community Schools in Saskatoon are cultivating a green thumb.

Getset, one of Adrienne Sharp's students, excitedly talks about building a greenhouse with his classmates and the salad selection they'll have in December.

"All of us made it. Look — the one that has so many (plants) everyone made it together. It's fun to try it. After we've done everything, we're going to make salad," he says.

The Little Green Thumbs program is offered in schools across the province by a regulated charity called Agriculture in the Classroom.

Teachers apply to have their classrooms set up with an indoor greenhouse. All the supplies, like soil, soil and fertilizer are provided, along with training for the teachers at no cost.

The charity's executive director, Sue Skjuka, says, "They want to find out how plants grow. It's a natural tool to engage kids."

Sharp, who formerly worked for Agriculture in the Classroom, agrees. "It gives the students that daily dose of the outdoors outside. They really start to connect."

Her students started all the plants from seeds and watched them grow. "It becomes like their class pet. It really builds empathy, responsibility — lots of our students love do-

ne jobs with the plants. The best thing is they can actually learn about science and plants and see it happen firsthand. Instead of reading about it in books."

Agriculture in the Classroom, founded in 1994, provides a range of agricultural programming through out the province.

Continued on page 21

SHARP EATS



Students from Westmoor Community School learn about gardening through a program call Little Green Thumbs sponsored by Agriculture in the Classroom. Students have a work desk to journal what they do to take care of the plants which will be consumed in December. **MICHAEL PHILLIPS/PHOENIX**

The goal is a simple one, but increasingly important in an increasingly urbanized province: connecting kids with agriculture. That's done through innovative curriculum-based programs and resources for students and teachers.

Shynske says it's important for people to understand how food is produced.

"We all eat. We've basically released an agent into the food to eat, as well as a lot of other other products."

As the rural urban shift continues, people are getting farther and farther removed from the farm. With that comes a real lack of an notion of what's needed to grow food and the understanding of the respect and care that goes

into the food that produces the food—the air that we all need and the water we depend on.

Shynske hopes young people will consider agriculture for their careers — world food demands are steadily increasing.

She said the best and the brightest minds to be innovative in the agriculture industry so we can meet that rising demand for food."

The range of programs they offer a staggered — everything from local working farms to an urban ag website (first), but Canadian Western Agriculture, held in Beggars this week until Nov. 30 is the big one. Shynske says these kinds of students visit their interests site each year.

Agriculture in the Classroom presents at

the annual agribusiness show each year and sits on the organizing committee to help connect ag groups with a provincial educational network.

The charity has also launched a campaign to raise awareness for exploring Saskatchewan's role in global food security. It's framed around a central question: How might agriculture in our province contribute to food security for nine billion people? A Saskatchewan produced movie, interactive board and video-game introduce kids to complex topics in a fun, easily digestible way. Teachers can enter the puzzle for their classroom, and the Ministry of Education is making it available as a teaching resource.

"I think every single person today can play a role in food security," says Shynske. "The roles are different and for students to start to see that finding a growing world is a challenge, but it's a challenge that we can meet...is exciting."

Connecting kids with their food is also a great first step.

To find out more about Agriculture in the Classroom's programs, or if you're a teacher and would like to know Little Green Thumbs in your class, email shynske@agricultureinthe.com or www.agricultureinthe.com.

PHOTOGRAPH BY MICHAEL PHILLIPS/PHOENIX

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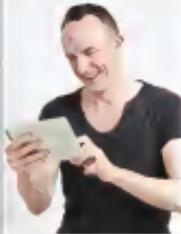
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